



Safety Bulletin

Safety Bulletin # 15-
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ATTENTION JOGGING SAFETY

- Always stretch prior to jogging.
- Pace yourself.
- Good running shoes are essential.
- Individual joggers must always run against the flow of traffic.
- PT formations must run with the flow of traffic and not take up more than 1 lane of traffic to include the cadence caller.
- Be seen while running, all individual joggers must wear a reflective vest or belt.
- PT formations must have road guards with reflective vests well in front and to the rear of the formation.
- Headphones are prohibited where vehicle traffic occurs.
- Finish with a cool down.

